

ASIST by LivingWorks

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

WHERE: ☒ **Rapid City, SD**

– Bldg 802

WHEN: ☒ **5-6 Jan 2012 (SAT. & SUN.)**

– 0800 hrs to 1700 hrs

COST: ☒ Soldiers should be on a travel order (SPPM funded) or

IDT/TDY status. Attendees living more than 50 miles from the training location will be authorized lodging and per diem. Room reservations may be made contacting the following: Camp Rapid - Mr. John Adkins (605-737-6626) you will be required to use your credit card and then be reimbursed on a DTS voucher.



TRAINING IS APPROPRIATE FOR:

- Chaplains, Chaplain Assistants, Unit SIO's (Suicide Intervention Officers) and Others interested in helping individuals with suicide-related symptoms or issues.
- Excerpt from AR 600-63, Army Health Promotion: *Gatekeepers*. Gatekeepers are individuals who, in the performance of their assigned duties and responsibilities, provide specific counseling to Soldiers and Civilians in need. SIO/Gatekeepers will receive training in recognizing and helping individuals with suicide-related symptoms or issues. SIO/Gatekeepers can be identified either as "primary SIO/Gatekeepers" (whose primary duties involve assisting those in need who are more susceptible to suicide ideation) or "secondary SIO/Gatekeepers" (who may have a secondary opportunity to come in contact with a person at risk). Table 4–1 provides examples of primary and secondary gatekeepers.

Table 4–1

Gatekeepers

Primary Gatekeepers

Chaplains & Chaplain Assistants
ASAP Counselors
Family Advocacy Program Workers
Army Emergency Relief Counselors
Emergency Room Medical Technicians
Medical/Dental Health Professionals

Secondary Gatekeepers

Military Police
Trial Defense Lawyers and Legal Assistants
Inspectors General
DOD School Counselors
Red Cross Workers
First-Line Supervisors

BY THE END OF THE WORKSHOP, PARTICIPANTS WILL BE ABLE TO:

- Deal effectively with personal and societal attitudes about suicide
- Discuss suicide with an at-risk person in a direct and helpful manner
- Identify an at-risk person and make a plan to help (called a *safeplan*)
- Demonstrate the use of intervention skills for helping an at-risk person
- Identify resources available to help a person at risk for suicide
- Have confidence in being an effective resource yourself
- Be part of a team improving the community's response to suicide
- Understand issues such as life promotion and care of you as a caregiver

ASIST TRAINERS:

- Chaplain Lynn Wilson @ lynn.j.wilson.mil@mail.mil
605.737. 6009(W) or 605.431.5182 (C)
- Chaplain Asst. Gordy Hedges @ james.g.hedges.mil@mail.mil
605.737.6658(W)

PRE-REGISTRATION IS REQUIRED – Registration limited to 30 participants!
To register please contact SSG Mike Strang, the State Suicide Prevention Program Manager (SSPPM). Michael.strangjr@us.army.mil or call 605.737.6949(W) or 605-737-3314(C)

WORKSHOP SCHEDULE:

DAY ONE

- 0800 hrs - Registration + Coffee
- 0830 hrs - MORNING SESSION
 - Pre-workshop orientation
 - Learning suicide first aid
 - Film: *Cause of Death?*
 - Feelings about suicide and experiences with suicide
 - Connecting feelings, experiences to suicide first aid
- 1200 hrs - LUNCH
- 1300 hrs - AFTERNOON SESSION
 - Recognizing "invitations"
 - Reasons for living, reasons for dying
 - Reviewing risk
 - Constructing a safeplan
 - Promoting follow-up on commitments
- 1630 hrs - Summary & Wrap-Up
- 1700 hrs - END OF DAY 1

DAY TWO

- 0800 hrs - Coffee + "Meet & Greet"
- 0830 hrs - MORNING SESSION
 - How to learn intervention through simulation
 - Structure of an intervention
 - Process of an intervention
 - Ambivalence
 - Simulation -- Case A
 - Simulation -- Case B
- 1200 hrs - LUNCH
- 1300 hrs - AFTERNOON SESSION
 - Intensive simulations (2.5 hours)
 - Resources and self-care for caregivers
 - Working as a team
 - Vision of the future
- 1630 hrs - Summary & Wrap-Up
- 1700 hrs - COMPLETION CERTIFICATES AWARDED



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